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SPICE IT UP!

An easy jalapeño dip
from Hannaford chef
Dorene Mills

PAGE 17

fresh®

JANUARY-FEBRUARY 2019

GAME-DAY EATS!



Find these
saucy sliders
on PAGE 31

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Cozy Does It

In the Northeast, winter is a time for hunkering down. We're once again reacquainting ourselves with our heaviest comforters, the throw blankets that previously just decorated the couch, those recently gifted slippers that are suddenly indispensable.

In the kitchen, we look for comforts as well—slow-cooker stews and stick-to-your-ribs snacks, hearty breakfasts and spiced baked goods. And at *fresh*, we're here to help with the hunkering. Don your coziest robe, and start the day off with a bowl of raspberry-almond baked oatmeal (page 22). Gather friends for an afternoon of football with a spread of spicy pork green chili (page 30) and a platter of provolone-draped meatball sliders (page 31). Marinate chicken in fragrant wheat beer, then roast it with orange slices and rosemary and call it dinner (page 35).

If that all sounds a little *too* warm and fuzzy, put on your parka and step outside—on page 44, we've got plenty of family-friendly outdoor ideas from Maine-based blogger Jennifer Hazard. And it wouldn't be the first issue of the year without some ideas for kick-starting healthy habits. You'll find expert advice from a Hannaford dietitian on page 48 and our Dinner from the Fast Lane series, with three Guiding Stars®-approved dinners for four (all from the same short shopping list!) on page 20.

Stay cozy out there,



Leah Mennies

Leah Mennies, Editor

What are the fresh-inspired winter dishes you're cooking up? Tag us in your photos or use the hashtag #hannafordfresh! We'll be sure to share our favorites.

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Cook Your Way to Savings!

Look out for the badge shown here throughout this issue to see how you can earn points on recipe ingredients with the **MY HANNAFORD REWARDS** program. Download the free Hannaford app, or go to hannaford.com to create an account or update your existing account.

Meet the Contributor

NATHALIE
CHRISTIAN



WHAT I DO:

Before I went to San Francisco Culinary School, I was a fundraiser for nonprofits and universities. Now I develop my own recipes, including the green chili on page 30 and the Buffalo cauliflower bites on page 27.

MY FAVORITE PART OF THE JOB IS:

When I get to see folks posting photos of what they've cooked on Hannaford's social media channels from the recipes I've developed! I'm very happy if I get to contribute to a home cook's win.

DURING THE WINTER I'M ALL ABOUT:

Braising! I love how you can take any ingredient—from tough cuts of meat to veggies to even fish or fruit—and transform it into something very different with a few tricks and a bit of time.

SIMPLE INGREDIENTS. POWERFUL COMBINATIONS.

NUT·rition





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shop

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PHOTOGRAPH BY ANDREW PURCELL. FOOD STYLING BY SIMON ANDREWS. PROP STYLING BY PAIGE HICKS. ILLUSTRATION BY JOEL HOLLAND

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GF Gluten-free **V** Vegetarian

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DID YOU KNOW?

Clementines (pictured), tangerines, and satsumas are all different kinds of mandarin oranges!

RIPE NOW

Mandarin Oranges

Mandarin oranges are a go-to snack for a reason—they're easy to peel, and are one of the sweetest citrus varieties around. When shopping, look for firm oranges that feel heavy for their size, with no cuts or blemishes. They'll keep in the fridge for up to two weeks.

Flip to **PAGE 38** for a sunny clementine marmalade recipe.



COMMUNITY SPOTLIGHT

Healing with Food

The Maine-based **DEMPSEY CENTER** offers individuals and families a personalized, holistic, and integrated approach to cancer prevention, education, and support—completely free of charge. Based in Lewiston and South Portland, the center provides diverse services, ranging from counseling and support groups to massage therapy and, with the help of Hannaford, nutrition education.

The organization's monthly What to Eat classes, introduced in January 2017 with funding support from Hannaford, take place in South Portland. They cover nutrition basics and offer up new ideas and recipes (many of which were developed by Hannaford dietitians) for healthy eating. "Hannaford Supermarkets' funding of What to Eat has enabled cancer patients and caregivers to access nutrition information and support when they need it most," says Molly Stewart, the center's director of programming. "This means that people can learn nutrition basics, get answers to their questions, and discover techniques for optimizing their nutrition throughout their cancer experience—all in a supportive environment."



RYANN CHAMBERLAIN (left) and dietitian **KAREN SCHILLING** (right) lead the monthly classes.

> **LEARN MORE** at dempseycenter.org

NEW IN STORES

Nature's Promise Vitamins and Supplements

Over the next year, Hannaford will begin to introduce new Nature's Promise products, which are held to the same organic and natural standards you've come to expect from Nature's Place items. The first, debuting this month, is the new line of Nature's Promise vitamins and supplements. Ranging from vitamin D3 to organic flax oil, the launch includes 46 offerings, all of which are free from any artificial flavors, colors, and synthetic preservatives.



ASK THE EXPERT

Q: Is apple cider vinegar actually good for you?

A: The purported benefits of **apple cider vinegar**—lowering cholesterol and blood sugar levels, helping with weight loss—are promising, but the accompanying studies (looking at its effects on diabetes, heart disease, and weight management) have only been conducted over short periods of time, with limited participants. Though the long-term benefits are still unknown,

vinegar does contain polyphenols, antioxidants that we know may assist the body in reducing cell damage, and that are widely studied for potential cancer-preventing qualities. The most important question is: What are you swapping this beverage for? If the answer is sugary soft drinks, then this will be a win.

—**ANNE L'HEUREUX**,
HANNAFORD ONLINE DIETITIAN

To get a little more apple cider vinegar into your diet, try premade drinks (like the naturally sweetened **VERMONT VILLAGE sipping vinegars**), or simply mix a tablespoon of raw **APPLE CIDER VINEGAR** into a glass of water.



WHAT'S IN YOUR BASKET?

Shop like a Ski Instructor

Between teaching and skiing for fun, Jessy LaValley spends six days a week on the slopes of New Hampshire's Mount Sunapee in the winter. Ahead, she shares the snacks she stashes in her jacket to stay energized until her last run. **BY CAROLINE HATANO**

1 PB&J

"My go-to sandwich is a classic PB&J—you get good energy from the peanut butter and even if it gets a little smushed, it's still great. **PEANUT BUTTER & CO.** makes a White Chocolate Wonderful variety—it's peanut butter with just a touch of white chocolate—and I pair that with my homemade **STRAWBERRY JAM** on **MULTIGRAIN BREAD.**"

2 Nuts

"A handful of nuts in a little baggie is always a good option—they're calorie-dense and filling. My favorite are **SAHALE POMEGRANATE VANILLA FLAVORED CASHEWS**—they're really delicious."

3 Granola Bar

"I tend to go for snacks that I don't have to worry will freeze. Crunchy granola bars like **NATURE VALLEY OATS 'N HONEY** don't, whereas the real chewy ones get as hard as a rock if they get cold."

4 Chocolate

"If you have a kiddo and you're trying to keep them going, a little chocolate can come in handy. A plain milk chocolate bar, like a **HERSHEY'S** bar, is the kind of thing that appeals to me, because those are great even when they're frozen."

5 Water

"Because winter is cold and you don't feel like you're sweating, people tend to forget that hydration is key when you're skiing. Remember to take short breaks to go inside to get some **WATER** so you're staying hydrated."

Pre-Skiing Fuel:

"I think one of the keys to a good day outside is to prepare with a solid breakfast—something that's going to give you some energy. Right now, I'm really into **OVERNIGHT OATS.**"

FRESH TIP:
Take overnight oats to go on your way to the mountain in a handy jar.

Après-Ski Treat:

"**HOT CHOCOLATE** really hits the spot at the end of the day when you've been out in the cold."

FRESH TIP:
Stow a heavy-duty thermos of hot chocolate in your car and enjoy a warming drink on the ride home!

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BEHIND THE PRODUCT

Bixby & Co.

The story behind the chocolate company putting Maine on the confectionary map. —C.H.

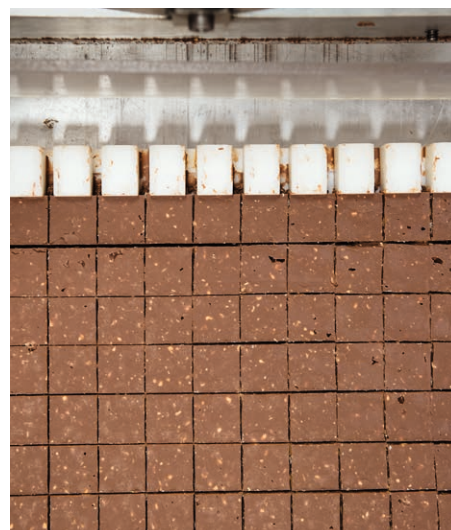
KATE MCALEER WAS JUST 23 years old when she decided to start her own chocolate company. “My mom had given me some sage advice: ‘Do it while you’re young, and if it doesn’t work out, fall back on plan B,’” says McAleer, who was fresh out of culinary school at the time. After recruiting her mother Donna as a business partner and agreeing on an angle—“healthier” chocolate

“I have always been absolutely obsessed with chocolate.”

—KATE MCALEER, CO-OWNER

that still tastes delicious—McAleer got to work. She came up with a name for the company (Bixby & Co., after her great-great grandparents) and began testing recipes. After about a year of experimentation, she landed on the Bixby Bar—a chocolate bar with a peanut butter and crunchy brown rice center (see bottom left and right photos) that became the company’s inaugural product. “We describe Bixby Bars as candy snack bars that have been reinvented and cleaned up,” McAleer says.

Running a chocolate company might sound like a dream job, but it isn’t all about sampling sweets. “I have always been



Bixby & Co.’s most popular offering, BIXBY BITES, are bite-size versions of the original Bixby Bars that come in resealable pouches.



absolutely obsessed with chocolate, but I didn’t actually know much about it,” says McAleer, who’s had to contend with the environmental and ethical implications of making a product that relies on cocoa beans, a crop tied up with reports of unfair labor practices and deforestation. To that end, all Bixby & Co. products are certified organic or non-GMO—and, importantly, Rainforest Alliance Certified.

“To be able to use that stamp, we have to show documentation to prove that the cocoa was bought at a fair price, and also that the environmental practices were taken care of,” she says.

The end goal was to create products that customers can feel good about buying and eating. Today, the

nearly 20-person team—which now also includes McAleer’s father, who oversees production—makes upwards of 25 products at their Rockland, Maine, facility. You’ll find three of their offerings at Hannaford stores: Bixby Bars, Bixby Bites, and cacao nibs (bits of dried and fermented cocoa beans).


“Maine’s typically known for breweries and lobster, but I think there are a lot of food makers trying to change that,” says McAleer, who’s entrenched herself in the state’s startup food scene by participating in local competitions and entrepreneurial development programs. As one of only a few hundred craft chocolate makers in the country, McAleer is working to put Bixby & Co. on the map. “Being part of that growing niche market has been really fun and exciting,” she says.

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FEATURED RECIPE
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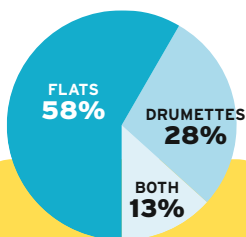


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OVERHEARD
@ HANNAFORD

Flats or Drumettes?



f “Drumettes, since they have more meat on them. My kids always called them chicken with handles!” —DEBBIE B.

f “I love the flats, and my husband loves the drumettes, so we get along just fine.” —DEB P.

f “Flats! Especially Hannaford salt-and-vinegar wings from the hot bar!” —JANET M.

f “Flats all the way! They are meatier and have less gristle, IMHO.” —LINDA L.

f “I love both of them, but the flats are more fun to eat.” —GARY B.

f “Both, as long as there’s Buffalo sauce or Taste of Inspirations® Parmesan Garlic Dressing in the house!” —KELLY W.

f “It is flats only for me. They are so tender and seem to take on more flavor.” —CATHERINE P.

AISLE CHEAT

Date-Night Dip

About as easy as an appetizer can get, this dip works just as well for a romantic date night as it does to kick off a dinner party.



EARN 2% REWARDS
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store-brand labels
shown here!

MOZZARELLA DIP

Serves 2 to 4



1/2 jar Hannaford® Plum Tomato
and Olive Oil Pasta Sauce



4 oz. fresh mozzarella cheese,
sliced into 1/2"-thick rounds



2 Tbsp. Hannaford® Pesto Sauce,
plus more for serving



1 bag Hannaford® Crostini

1. Place a rack in upper-middle of oven and heat broiler. Pour pasta sauce into a medium broiler-safe skillet and top with cheese. Broil until cheese is bubbling and browned in spots, 3 to 5 minutes.
2. Let cool 2 minutes before drizzling pesto over top. Serve hot with crostini and more pesto on the side.

THE SPREAD

The Game-Day Game Plan

Forget the fork and knife—when it's time to tune in for the big game, Hannaford culinary specialist **Dorene Mills** is all about easy, crowd-pleasing finger foods. —C.H.

Beer and Cider

For the adults, Mills stocks a variety of beer and hard cider, including a few specialty brews from local producers. "We definitely enjoy Allagash White—that's always a treat for these occasions," Mills says, noting that she also likes Downeast cider this time of year.

DIY Wing Bar

"My family's pretty picky, so lately I've been serving plain wings so people can douse 'em with whatever sauce they want," Mills says. She prefers a mustardy, Carolina-style barbecue sauce, while her husband, Luke, goes for classic Buffalo.

Hannaford® Pepperoni Party Bread

To mix up the standard pizza routine, Mills brings home a pull-apart cheesy bread from the Hannaford deli stuffed with a generous amount of garlic butter, cheese, and pepperoni. "Then all you have to do is throw it in the oven," she says.

Crunchy Candy

Mills always makes sure to set out at least one sweet option, such as a couple bowls of crunchy candy. "I'll usually pick up Peanut M&Ms," she says.

Fresh Veggie Platter

No spread is complete without something fresh and crisp. "It's usually my friends that bring the veggies," says Mills, who makes an effort to delegate a couple items to guests to minimize her shopping.

3-Ingredient Jalapeño Dip

For a dip that's easy, creamy, and just a little spicy, Mills blends together 16 ounces of sour cream, 8 ounces of cream cheese, and a 7-ounce can of Mexican-style pickled jalapeños (brine and all!). "It's really, really delicious with tortilla chips," she says.

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cook

THE TECHNIQUE

The Slice is Right

Radicchio, a bitter, crunchy variety of chicory, is in season now—and it's a key ingredient in the wintry slaw on page 34. To safely slice it into thin, elegant strips, use one hand to cut and the other to secure the radicchio, curling your fingers under your palm into a claw-like position. This will protect your fingertips while also helping your veggie to stay put.

Head to **PAGE 34** for the recipe.

Dinner from the Fast Lane

A healthier, faster, and cheaper dinner at just under \$2 per serving*? This set of recipes makes it possible, thanks to in-season produce and Hannaford-brand ingredients. **BY REBECCA MORRIS**



HOW IT WORKS

Fill your basket with the 12 ingredients listed here, then put them to work in the meals on the next page.

> Shopping List

PRODUCE

- ☐ Sweet potatoes, 4 large (about 3 lb.)
- ☐ Kale, 1 bunch
- ☐ Green beans, 1 lb.
- ☐ Fresh ginger root, 1 (2") piece
- ☐ Radishes, 1 bunch
- ☐ Scallions, 1 bunch

DRY GOODS AND CONDIMENTS

- ☐ Hannaford® Long Grain Instant Brown Rice, 1 box
- ☐ Hannaford® Fat Free Reduced Sodium Condensed Cream of Mushroom Soup, 1 can
- ☐ Hannaford® Reduced Sodium Soy Sauce, 1 bottle
- ☐ Taste of Inspirations® Balsamic Fig Dressing, 1 bottle

MEAT

- ☐ Boneless, skinless chicken thighs, about 3½ lb.

DAIRY

- ☐ Hannaford® Fancy Shredded Parmesan Cheese, 1 bag

Salt, pepper, butter, and oil are considered pantry staples and aren't included in the shopping list above.

*Cost per serving may vary based on store location.





> **Dinner 1****CHEESY BROWN RICE BAKE****Active:** 15 min. **Total:** 1 hour **Serves** 4  

- 1½ cups Hannaford® Long Grain Instant Brown Rice
- 1 large sweet potato, peeled and cut into ½" pieces (1½ cups)
- 1 (10.5-oz.) can Hannaford® Fat Free Reduced Sodium Condensed Cream of Mushroom Soup
- 3 cups finely chopped kale
- ½ cup water
- 2 scallions, green and white parts separated and chopped
- ⅓ cup Hannaford® Fancy Shredded Parmesan Cheese

1. Place a rack in upper-middle of oven and heat to 375°. Combine rice, sweet potato, soup, kale, water, and scallion whites in a large bowl and stir to combine.
2. Transfer rice mixture to a greased broiler-safe 2-quart baking dish and sprinkle evenly with Parmesan. Cover tightly with foil and bake until rice is cooked and sweet potatoes are tender, about 45 minutes.
3. Remove foil, return to oven, and broil until cheese is golden-brown, 2 to 3 more minutes. Sprinkle with scallion greens and serve.


Per Serving: 230 Cal; 4.5g Fat (1.5g Sat Fat); 0mg Chol; 390mg Sodium; 40g Carb; 3g Fiber; 3g Sugar; 8g Protein

> **Dinner 2****GLAZED CHICKEN WITH MASHED SWEET POTATOES****Active:** 10 min. **Total:** 25 min. **Serves** 4  

- 3 large sweet potatoes
- 2 lb. boneless, skinless chicken thighs (about 8), trimmed
- ¼ cup Taste of Inspirations® Balsamic Fig Dressing
- Salt and pepper
- 8 oz. green beans, trimmed
- 1 Tbsp. olive oil
- ¼ cup Hannaford® Fancy Shredded Parmesan Cheese
- 1 Tbsp. unsalted butter or olive oil
- 1½ tsp. minced fresh ginger

1. Pierce sweet potatoes all over with a fork and place on a microwave-safe plate. Microwave until fully tender, 12 to 15 minutes, flipping once halfway through; set aside.
2. While sweet potatoes are cooking, place a rack in upper-middle of oven and heat broiler. Pat chicken thoroughly dry with paper towels and transfer to a bowl. Add dressing, season with salt and pepper, and toss to coat.
3. Transfer chicken to a foil-lined baking sheet and broil until surfaces are browned in spots, 5 to 7 minutes. Remove chicken from oven and flip over with tongs, moving chicken to one side of baking sheet. Add green beans to other side of baking sheet, toss with oil, and sprinkle cheese on top.
4. Return to oven and continue to broil, flipping chicken every few minutes, until chicken is cooked through and green beans are tender, about 10 more minutes.
5. When sweet potatoes are cool enough to handle, halve lengthwise and scoop flesh into a medium bowl. Mash with a potato masher until smooth, then stir in butter and ginger; season with salt and pepper to taste and serve with chicken and green beans.

Per Serving: 530 Cal; 20g Fat (4.5g Sat Fat); 180mg Chol; 420mg Sodium; 36g Carb; 6g Fiber; 13g Sugar; 52g Protein

> **Dinner 3****GINGER CHICKEN AND RICE BOWLS****Total:** 20 min. **Serves** 4 

- 1½ cups Hannaford® Long Grain Instant Brown Rice
- 6 Tbsp. Taste of Inspirations® Balsamic Fig Dressing
- 1 Tbsp. Hannaford® Reduced Sodium Soy Sauce
- 2 tsp. olive oil
- 1½ lb. boneless, skinless chicken thighs (about 6), trimmed and cut into ¾" pieces
- 8 oz. green beans, trimmed
- 2 scallions, chopped
- 2 tsp. minced fresh ginger
- ¼ cup water
- 6 radishes, sliced thin
- 1 cup finely chopped kale

1. Cook rice according to package instructions; cover to keep warm and set aside. Whisk dressing and soy sauce in a small bowl until combined and set aside.
2. Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat until shimmering. Add chicken and cook, stirring occasionally, until browned and cooked through, 8 to 10 minutes. Add 3 tablespoons dressing mixture to skillet and cook, stirring frequently, until chicken is glazy and coated, about 1 minute. Transfer chicken to a bowl and cover to keep warm.
3. Heat remaining 1 teaspoon oil in now-empty skillet over medium-high heat until shimmering. Add green beans, scallions, and ginger and cook 1 minute, stirring frequently. Stir in water, cover, and continue to cook until green beans are crisp-tender, 5 to 7 minutes.
4. Divide rice among four bowls and top evenly with chicken, green beans, radishes, and kale. Serve with remaining dressing mixture on the side.

Per Serving: 450 Cal; 16g Fat (2.5g Sat Fat); 135mg Chol; 640mg Sodium; 40g Carb; 3g Fiber; 9g Sugar; 39g Protein





Oats, Upgraded

As at home on the breakfast table as they are in the cookie jar, oats are a versatile staple in any pantry. Ahead, three classic oat recipes get a fresh, new look (and taste). BY REBECCA MARSTERS

RASPBERRY-ALMOND BAKED OATMEAL

Active: 15 min. Total: 55 min.

Serves 4 to 6  

Raspberries straight from the freezer, rather than thawed, will hold their shape and be easier to work with.

- 2 cups plain, unsweetened almond milk
- 1 cup water
- 1/4 cup plus 3 Tbsp. packed light brown sugar
- 1 large egg
- 3 Tbsp. unsalted butter or coconut oil, melted
- 3/4 tsp. salt
- 1/4 tsp. almond extract
- 1 1/2 cups frozen raspberries
- 2 3/4 cups old-fashioned oats
- 1/2 cup sliced almonds, toasted
- Pinch nutmeg (optional)
- 2 bananas, ripe but firm, peeled and sliced thin

1. Place one rack in lower-middle of oven and a second rack 6" from broiler; heat to 375°. Combine almond milk, water, 1/4 cup sugar, egg, butter, salt, and almond extract in a large bowl and whisk until smooth.
2. Sprinkle raspberries in an 8" baking dish. Add oats and spread into an even layer, then sprinkle almonds evenly over top. Slowly pour almond milk mixture into dish, being careful to keep almonds evenly distributed.
3. Transfer dish to lower rack and bake until most of the liquid has been absorbed and mixture is bubbling around the edges, about 25 minutes. Combine remaining sugar and nutmeg (if using) in a bowl and set aside.
4. Remove dish from oven and heat broiler to high. Arrange banana slices over oatmeal and sprinkle evenly with sugar-nutmeg mixture. Place dish on upper rack and broil until sugar is bubbling and lightly caramelized, 3 to 5 minutes. Transfer to a wire rack and let cool 20 minutes before serving.

Per Serving (for 6): 380 Cal; 15g Fat (4.5g Sat Fat); 45mg Chol; 350mg Sodium; 56g Carb; 8g Fiber; 24g Sugar; 9g Protein

Ask the Expert:



Are oats gluten-free?

"Oats are a great source of nutrients that are often lacking in a gluten-free diet, such as iron and fiber. And while they're naturally gluten-free, there is a risk of cross-contamination with gluten-containing ingredients like wheat, barley, and rye during the growing and manufacturing process. So when shopping, seek out a gluten-free label."

—MARY LAVANWAY,
Hannaford dietitian at the
Waterville, Maine, stores

SPICED GRANOLA

Active: 10 min. **Total:** 50 min., plus cooling time

Makes about 8 cups  

If you plan on storing the granola for longer than one week, wait to add the dried fruit until right before serving to retain crispness.

- 3½ cups old-fashioned oats**
- 1½ cups pecans, coarsely chopped**
- 1 cup unsweetened coconut flakes**
- ¾ cup raw pepitas**
- ½ cup pure maple syrup**
- ¼ cup coconut oil**
- ¼ cup light olive oil**
- ½ tsp. ground allspice**
- ½ tsp. salt**
- ¼ tsp. ground ginger**
- 1 Tbsp. vanilla extract**
- ½ tsp. baking soda**
- 1½ cups dried black mission figs, stemmed and coarsely chopped**

1. Place a rack in lower-middle of oven and heat to 325°. Combine oats, pecans, coconut flakes, and pepitas in a large bowl. In a 2-cup liquid measuring cup, combine maple syrup, both oils, allspice, salt, and ginger. Microwave until coconut oil is melted and mixture is bubbling, 1½ to 2 minutes. Add vanilla and baking soda and whisk with a fork to combine (mixture will bubble).

2. Pour syrup mixture over oat mixture and stir with a rubber spatula until oats are evenly coated. Spread out on a parchment-lined rimmed baking sheet and press firmly into an even layer using a spatula. Bake until oats are evenly browned, 40 to 45 minutes, rotating baking sheet halfway through (do not stir).

3. Transfer baking sheet to a wire rack and let cool completely, at least 30 minutes. Transfer granola to a large bowl and stir in figs. Store granola in an airtight container at room temperature for up to six months.

Per ½ cup: 340 Cal; 21g Fat (8g Sat Fat); 0mg Chol; 115mg Sodium; 33g Carb; 6g Fiber; 15g Sugar; 5g Protein

Mix It Up**CHERRY-HAZELNUT**

Substitute whole hazelnuts for the pecans, cinnamon for the allspice, and 1 cup dried cherries for the figs. Omit the ginger.

APRICOT-CASHEW

Substitute whole or coarsely chopped unsalted cashews for the pecans, ground cardamom for the allspice, and 1 cup dried apricots (sliced) for the figs. Omit the ginger.



*These cookies take their inspiration from the nutty, sweet Middle Eastern dessert, baklava. Key ingredients in both? Fragrant **ROSE WATER** and warming **CARDAMOM**, which are also perfect additions to rice pudding, French toast batter, or vanilla frosting.*

"BAKLAVA" OATMEAL COOKIES

Active: 35 min. **Total:** 50 min., plus cooling time

Makes about 24 cookies

Be sure to finely chop each nut variety separately—walnuts are softer than pistachios and will turn to dust by the time the pistachios are properly chopped.

- 3 cups old-fashioned oats**
- 16 Tbsp. unsalted butter**
- 1½ cups honey**
- 1 cup walnuts, chopped fine**
- ¾ cup unsalted pistachios, chopped fine**
- 1 tsp. ground cinnamon**
- ¾ tsp. salt**
- ½ tsp. ground cardamom**
- 2 large egg yolks**
- 2 tsp. rose water (optional)**
- 1 tsp. vanilla extract**
- 1 cup all-purpose flour**
- ½ tsp. baking soda**

1. Toast oats in a large skillet over medium heat, stirring occasionally, until fragrant and darkened in spots, about 5 minutes; transfer to a bowl and set aside.

2. Return skillet to medium heat, add butter, and melt, swirling pan constantly. Continue to cook, scraping bottom of skillet frequently, until butter turns golden-brown and smells nutty, 2 to 4 minutes.

3. Carefully stir in honey, walnuts, pistachios, cinnamon, salt, and cardamom and simmer, stirring occasionally, until thickened and syrupy, about 3 minutes. Using a rubber spatula, scrape honey mixture into a large heat-proof bowl and let cool 30 minutes, stirring occasionally.

4. Place racks in upper-middle and lower-middle of oven and heat to 350°. Add egg yolks, rose water (if using), and vanilla to bowl and stir with rubber spatula until completely incorporated. Add flour and baking soda and stir until no dry flour remains. Fold in oats until evenly coated. (Dough will be very sticky.)

5. Using a greased scoop or spoon, divide dough into 24 portions (about 2 tablespoons each) on two parchment-lined baking sheets, spacing them at least 2" apart. If desired, use wet fingers to reshape portions into neat, uniform domes.

6. Bake until cookies are evenly browned and centers are puffed slightly, 14 to 18 minutes, switching and rotating baking sheets halfway through. Let cool 5 minutes, then use a spatula to transfer cookies to a wire rack and let cool completely, at least 30 minutes. Transfer to an airtight container and store at room temperature for up to five days.

Per Cookie: 160 Cal; 9g Fat (3.5g Sat Fat); 25mg Chol; 70mg Sodium; 19g Carb; 1g Fiber; 11g Sugar; 2g Protein



Got Oats?

The new darling of the alternative milk family, oat milk is creamy, dairy-free, and—best of all—easy and affordable to make at home.

OAT MILK

Makes about 3 cups



Combine 1 cup OLD-FASHIONED OATS, 3 cups WATER, 1 tablespoon MAPLE SYRUP, and a PINCH OF SALT in a blender. Blend until mostly smooth but pieces of oats remain, about 30 seconds. Line a strainer with a thin, clean kitchen towel or double layer of cheesecloth and strain milk into a quart-size jar. Seal and refrigerate up to three days.



**EARN 2%
REWARDS**
when you buy
store-brand oats
and nuts.

MOST VALUABLE PLATTER

Ready to step up your spread for the big game? This year, we've got updated takes on your favorite snacks, from saucy sliders to chef-worthy nachos.

BY NATHALIE CHRISTIAN AND ESTHER REYNOLDS

**BAKED BUFFALO
CAULIFLOWER BITES****Active:** 35 min. **Total:** 1 hour**Serves** 6 to 8 **V****Cooking spray**

- 1½ cups all-purpose flour**
- 1 tsp. baking powder**
- 1 tsp. salt**
- ½ tsp. garlic powder**
- 1 cup water**
- 2 Tbsp. plain Greek yogurt**
- 1 (2-lb.) head cauliflower, cored and broken into 1½" florets**
- 6 Tbsp. hot sauce, such as Frank's RedHot**
- 3 Tbsp. unsalted butter, melted**
- 2 Tbsp. lemon juice**
- 1 Tbsp. chopped fresh chives**
- Easy Blue Cheese Dip, for serving (see recipe)**

- 1.** Place a rack in center of oven and heat to 475°. Line a baking sheet with parchment paper and coat lightly with cooking spray.
- 2.** In a large bowl, whisk 1 cup flour, the baking powder, salt, and garlic powder until combined. Add water and yogurt and whisk until mixture becomes a smooth, stiff batter.
- 3.** Add cauliflower to a second bowl with remaining ½ cup flour and toss to coat. Use hands to transfer cauliflower to bowl with batter, leaving excess flour behind; stir to coat cauliflower completely.
- 4.** Using a slotted spoon, remove cauliflower from batter and place in a single layer on prepared baking sheet, leaving a little space between each piece. Spray cauliflower with cooking spray and bake until batter hardens and begins to brown, about 10 minutes. Flip with tongs and continue to cook until cauliflower is crispy, about 10 more minutes.
- 5.** Meanwhile, combine hot sauce, melted butter, and lemon juice in a large bowl. Add baked cauliflower and toss to coat. Using a slotted spoon, return cauliflower to baking sheet and bake until crispy, 5 to 10 minutes. Transfer cauliflower to a platter, sprinkle with chives, and serve with blue cheese dip.

Per Serving (for 8): 140 Cal; 5g Fat (3g Sat Fat); 10mg Chol; 750mg Sodium; 21g Carb; 2g Fiber; 1g Sugar; 4g Protein

EASY BLUE CHEESE DIP**Makes** about 1 cup **GF** **V**

Stir together ¾ cup **plain Greek yogurt**, ⅓ cup **blue cheese crumbles**, 2 tablespoons **chopped fresh chives**, 2 tablespoons **water**, and ½ teaspoon **garlic powder** in a medium bowl until combined and season with **salt** and **pepper** to taste.

Per 2 Tbsp.: 50 Cal; 4g Fat (2.5g Sat Fat); 10mg Chol; 70mg Sodium; 1g Carb; 0g Fiber; 1g Sugar; 3g Protein




CHEF'S TABLE

It's a Nacho-Off!

➤ In partnership with Hannaford's Chef's Table program, Northeast chefs **Kerry Altiero** and **Ric Orlando** show us two winning ways to rethink the classic nacho spread.

SPICY CHORIZO-POBLANO NACHOS

Active: 35 min. Total: 50 min.

Serves 12 to 14 

- 1 lb. shredded cheddar cheese
- 12 oz. shredded whole-milk mozzarella cheese
- 2 (16-oz.) cans refried beans
- 2 links fully cooked chorizo sausage, cut into 1/4" pieces
- 1/4 tsp. plus 1 pinch dried oregano
- 1 (18-oz.) bag white corn tortilla chips
- 4 poblano peppers, stemmed, seeded, and chopped
- 1 red onion, halved and sliced thin
- 2 Tbsp. olive oil
- 1 (16-oz.) container fresh salsa, such as pico de gallo
- Lime wedges, for serving

1. Heat oven to 425°. Toss together cheddar and mozzarella cheeses. Spread beans over a greased rimmed baking sheet. Sprinkle sausage evenly over beans and cover with a layer of cheese mixture; sprinkle with 1/4 teaspoon oregano.

2. Spread some of the chips over the cheese layer to completely cover, then sprinkle with more cheese. Repeat layering with chips and cheese, ending final layer with cheese.

3. Toss peppers and onion with oil and a pinch of oregano and spread over top. Bake nachos until cheese is melted and browned, about 15 minutes. Serve with salsa and lime wedges on the side.

Per Serving (for 14): 510 Cal; 31g Fat (12g Sat Fat); 60mg Chol; 920mg Sodium; 39g Carb; 5g Fiber; 4g Sugar; 21g Protein



"The smell of the onion and peppers as they roast will lure your guests to the kitchen!"

Kerry Altiero

CAFE MIRANDA,
ROCKLAND, ME





"These nachos are a meal unto themselves! It's my play on the ultimate cheeseburger—bringing all the flavors of that satisfying burger fix to a big plate of nachos."

Ric Orlando

NEW WORLD BISTRO
BAR, ALBANY, NY

"BURGER" NACHOS

Active: 35 min. **Total:** 50 min.

Serves 12 to 14 **GF**

- 2** Tbsp. vegetable oil
- 1** lb. 85% lean ground beef
- 3** Tbsp. chili powder
- 1** small yellow onion, chopped
- 1** garlic clove, minced
- Salt**
- 1** (9-oz.) bag blue corn tortilla chips
- 1** cup dill pickle chips
- Pickled jalapeño slices, to taste**
- 4** ripe tomatoes, cored and diced
- 1** small red onion, chopped
- 1½** lb. extra-sharp cheddar cheese, shredded
- 1** (9-oz.) bag white corn tortilla chips
- ¼** cup chopped fresh cilantro
- Avocado Sauce, for serving (see recipe)**

- 1.** Heat oven to 425°. Combine oil, beef, and chili powder in a large skillet over medium-high heat and cook, stirring occasionally, until beef is lightly browned, 6 to 8 minutes.
- 2.** Using a slotted spoon, transfer beef to a plate and set aside. Drain off all but 1 tablespoon fat from skillet. Add yellow onion and garlic and cook over medium heat until softened, about 10 minutes. Return beef to skillet, season with salt to taste, and set aside.
- 3.** Cover a rimmed baking sheet with a layer of blue corn tortilla chips and top with half of cooked beef mixture. Sprinkle half of pickles, jalapeños, tomatoes, and red onions on top, followed by half of cheese.
- 4.** Repeat with a layer of white corn tortilla chips, followed by remaining half of beef mixture, pickles, jalapeños, tomatoes, red onions, and cheese. Bake until cheese is melted and browned, about 15 minutes. Sprinkle with cilantro and serve with avocado sauce.

Per Serving (for 14): 480 Cal; 32g Fat (14g Sat Fat); 70mg Chol; 500mg Sodium; 27g Carb; 4g Fiber; 2g Sugar; 20g Protein

AVOCADO SAUCE


Makes 2½ cups **GF** **V** **+**

In a blender, combine two ripe peeled and pitted **avocados**, **¾** cup **sour cream**, **½** cup **mayonnaise**, one **canned chipotle pepper in adobo sauce**, 2 tablespoons **lime juice**, and 1 tablespoon **pickled jalapeño brine** and purée until smooth; season with **salt** to taste.

Per 2 Tbsp.: 90 Cal; 9g Fat (2g Sat Fat); 5mg Chol; 65mg Sodium; 65g Carb; 2g Fiber; 1g Sugar; 1g Protein

**SLOW-COOKER
GREEN CHILI WITH PORK**

Active: 40 min. **Total:** 4 hours 50 min.

Serves 6 to 8 

If Taste of Inspirations® Tequila Lime Tomatillo Salsa is not available, you can substitute any brand of salsa verde in this recipe.

- 3 lb. boneless country-style pork ribs, trimmed and cut into 1½" pieces**
- Salt and pepper**
- 1 Tbsp. vegetable oil**
- 2 fennel bulbs, trimmed, cored, and cut into ½" pieces**
- 1 large onion, chopped**
- 3 garlic cloves, minced**
- 1 Tbsp. ground cumin**
- 1 (16-oz.) jar Taste of Inspirations® Tequila Lime Tomatillo Salsa**
- 1¾ cups low-sodium chicken broth or water**
- 1 bay leaf**
- 1 (15.5-oz.) can cannellini beans, drained and rinsed**
- 1½ cups fresh or frozen corn kernels**
- ⅓ cup chopped fresh cilantro**

1. Pat pork dry with paper towels and season with salt and pepper. Heat oil in a large Dutch oven over medium-high heat until shimmering. Working in batches, add pork to pot and brown on all sides, about 10 minutes; transfer pork to a large slow cooker.

2. Reduce heat to medium and pour off all but 1 tablespoon fat in pot. Add fennel, onion, garlic, and cumin and cook, stirring and scraping bottom of pot occasionally, until vegetables are softened, about 5 minutes. Stir in salsa, broth, and bay leaf and bring to a simmer. Pour mixture over pork, cover slow cooker, and cook on low until pork is cooked through and tender, about 4 hours.

3. Add beans and corn to slow cooker and stir to combine. Cook uncovered until chili thickens slightly, about 10 minutes. Stir in cilantro and season with salt and pepper to taste. Ladle into bowls and serve.

Per Serving (for 8): 390 Cal; 17g Fat (6g Sat Fat); 110mg Chol; 350mg Sodium; 23g Carb; 6g Fiber; 7g Sugar; 35g Protein



TOP IT OFF!

Set out a few of these toppings for guests to customize their own bowls.

**SHREDDED
GREEN CABBAGE**

CILANTRO

SLICED RADISHES

**CRUMBLLED
FETA CHEESE**

TORTILLA CHIPS

LIME WEDGES

ITALIAN MEATBALL SLIDERS**Active:** 15 min. **Total:** 40 min.**Makes** 12 sliders

- $\frac{3}{4}$ lb. 85% lean ground beef
- $\frac{3}{4}$ lb. ground pork
- $\frac{3}{4}$ cup panko breadcrumbs
- $\frac{1}{2}$ cup grated Parmesan cheese
- $\frac{1}{2}$ cup water
- 1 large egg, lightly beaten
- 3 Tbsp. chopped fresh parsley, plus more for garnish
- 1 garlic clove, minced
- 1 tsp. salt
- $\frac{1}{2}$ tsp. pepper
- $\frac{3}{4}$ tsp. dried oregano
- 1 (24-oz.) jar Taste of Inspirations® Tomato and Basil Marinara Pasta Sauce

- $\frac{1}{4}$ tsp. red pepper flakes
- 12 Italian dinner rolls, split
- 3 deli slices provolone cheese, quartered
- $\frac{3}{4}$ cup mild or hot banana pepper rings, patted dry

1. Place a rack in upper-middle of oven and heat broiler.
2. Combine ground beef and pork in a large bowl and mix lightly with a fork until just combined. Add panko, Parmesan, water, egg, parsley, garlic, salt, pepper, and oregano and continue to mix until just incorporated (do not overmix).
3. Form mixture into 12 balls about $2\frac{1}{2}$ " in diameter and place on a foil-lined baking sheet. Broil meatballs until

browned, 10 to 12 minutes, flipping once halfway through.

4. Combine marinara sauce and red pepper flakes in a Dutch oven and bring to a simmer over medium heat. Reduce heat to medium-low, add meatballs, and partially cover pot. Simmer meatballs 10 minutes, stirring occasionally. Place rolls cut side up on a baking sheet and broil until lightly browned, about 2 minutes.

5. To assemble sliders, spoon a small amount of sauce on each roll bottom and top with a meatball, more sauce, and a piece of provolone. Top with pepper rings, more parsley, and roll tops.

Per Slider: 320 Cal; 14g Fat (4.5g Sat Fat); 60mg Chol; 760mg Sodium; 30g Carb; 1g Fiber; 4g Sugar; 19g Protein

**PAIR IT:** Samuel Adams Sam '76

"Sam '76 is a one-of-a-kind lager-and-ale hybrid that has some citrus hop flavor, followed by sweetness and zero aftertaste. It's a truly crushable beer that's perfect for a day of football and snacks." —ADAM NILE, HANNAFORD'S BEER AND WINE MANAGER

Winter Meals,

*
Warm up
with a one-pot
meal inspired by
a summertime
CLAM BAKE.

*
Who said
SLAW was
just for
cookouts?

Summer Vibes

To break out of a wintertime rut, get into a summertime state of mind.

STEAMED CLAMS WITH SAUSAGE AND CIDER

Active: 30 min. **Total:** 50 min.

Serves 4 

Use a vegetable peeler to create the thin strips of lemon peel. Serve this dish with a loaf of fresh crusty bread.

- 2 lb. littleneck clams
- 2 leeks
- 2 Tbsp. extra-virgin olive oil
- 8 oz. kielbasa sausage, quartered lengthwise and sliced crosswise into 1/4" pieces
- 2 Tbsp. unsalted butter
- 2 garlic cloves, sliced very thin
- Salt and pepper
- 2 sprigs fresh sage
- 2 sprigs fresh thyme
- 2 strips lemon peel
- 1 1/2 cups dry hard cider, such as Strongbow

1. Place clams in a large bowl and cover with cold water; let sit 20 minutes. Trim roots and dark green leaves from leeks. Quarter leeks lengthwise, slice crosswise into 1/4"-thick pieces, and transfer to a second large bowl filled with cold water. Swish leeks with your fingers to remove dirt, then set in a colander to drain.

2. After clams have soaked, remove from bowl, leaving water and sand behind, and scrub under cold running water to remove remaining sand or residue, transferring clams to a clean large bowl as you work; refrigerate until ready to cook.

3. Heat oil in a large Dutch oven over medium-high heat until shimmering. Add kielbasa and cook, stirring occasionally, until it just begins to brown, about 5 minutes. Reduce heat to medium and add butter, leeks, and garlic. Cook, stirring occasionally, until leeks are




softened, about 5 minutes; season with salt and pepper to taste.

4. Add sage, thyme, lemon peel, and hard cider and bring to a boil. Add clams, cover, and steam until clams open, 3 to 5 minutes. Divide among four bowls (discard any unopened clams) and serve.

Per Serving: 350 Cal; 24g Fat (9g Sat Fat); 90mg Chol; 860mg Sodium; 9g Carb; 1g Fiber; 2g Sugar; 19g Protein

RADICCHIO AND PEAR SLAW

Total: 20 min.

Serves 6 to 8   

- 1 (12-oz.) head radicchio, halved, cored, and sliced thin lengthwise (about 5 cups)
- 1 small fennel bulb, halved, cored, and sliced thin lengthwise
- 1 Tbsp. chopped fennel fronds
- 1 celery rib, sliced thin
- 3 Tbsp. extra-virgin olive oil
- 2 Tbsp. lemon juice
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 1 ripe Bartlett pear, halved, cored, and sliced into thin matchsticks
- 1 cup walnuts, chopped coarse
- 3/4 cup grated Parmesan cheese

1. Combine radicchio, fennel slices and fronds, and celery in a large bowl and drizzle with oil and lemon juice. Sprinkle with salt and pepper and toss to combine.

2. Add pear, walnuts, and 1/2 cup cheese and toss to combine. Transfer to a platter and sprinkle with remaining cheese before serving.

Per Serving (for 8): 200 Cal; 16g Fat (2.5g Sat Fat); 5mg Chol; 310mg Sodium; 10g Carb; 3g Fiber; 4g Sugar; 5g Protein



PHOTOGRAPHS BY ADAM DETOUR. FOOD STYLING BY MONICA MARIANO. PROP STYLING BY DARCY HAMMER



*
Take **BEER-CAN CHICKEN** off the grill with this oven-friendly version.

BEER-MARINATED ROAST CHICKEN

Active: 20 min. **Total:** 1 hour, plus marinating time

Serves 4 to 6

Look for precut chicken packages in the butcher case.

- ¼ cup kosher salt**
- 3 Tbsp. sugar**
- 1 (12-oz.) bottle wheat beer**
- 5 garlic cloves, peeled and smashed**
- 2 Tbsp. ground coriander**
- 2 tsp. pepper**
- 1 (3½-lb.) chicken, cut into 6 pieces, breasts halved crosswise**
- 2 Tbsp. extra-virgin olive oil**
- 1 orange, sliced into ¼"-thick rounds**
- 3 large sprigs fresh rosemary**

1. Combine salt and sugar in a large container; whisk in 1 cup warm water until salt and sugar dissolve. Stir in 2 cups cold water, beer, garlic, coriander, and pepper. Add chicken pieces and submerge completely; cover and refrigerate at least 4 hours and up to one day.

2. Place a rack in center of oven and heat to 425°. Remove chicken from brine, pat dry with paper towels, and coat with 1 tablespoon oil; place on a large plate and set aside.


3. Coat a baking sheet with remaining 1 tablespoon oil. Arrange orange rounds on pan, then flip them to coat both sides with oil. Add rosemary to baking sheet, then place chicken pieces skin side up, nestling them between orange slices so they rest directly on the pan. Roast until chicken is browned and thickest part of thighs registers 160°, 35 to 40 minutes.

4. Transfer chicken and oranges to a platter and serve.

Per Serving (for 6): 380 Cal; 22g Fat (5g Sat Fat); 110mg Chol; 260mg Sodium; 8g Carb; 2g Fiber; 5g Sugar; 35g Protein





*
Dressing up
PESTO with hardy
broccoli makes a
sauce worthy for
any season.


**EARN 2%
REWARDS**
when you buy
store-brand
pasta.



BROCCOLI-PISTACHIO PESTO

Total: 25 min.

Makes 2 ³/₄ cups  

Salt

- 6 oz. small broccoli florets (about 2 cups)
- ¹/₄ cup shelled, roasted, and salted pistachios
- 3 garlic cloves, chopped coarse
- 3 cups fresh mint leaves (about 1 ¹/₂ large bunches)
- ³/₄ cup extra-virgin olive oil
- ¹/₂ cup grated Parmesan cheese

1. Bring a large pot of salted water to a boil. Add broccoli and cook until tender, 4 to 6 minutes. While broccoli is cooking, fill a medium bowl with ice water. Using a slotted spoon, transfer cooked broccoli to ice water and let sit until chilled; drain and set aside.

2. Pulse pistachios and garlic in a food processor until finely chopped, about six times. Add mint, chilled broccoli, and 1 teaspoon salt and process until well combined, about 10 seconds. With machine running, add oil in a steady stream.

3. Scrape down sides of bowl, add cheese, and process until just combined. Season with more salt to taste and transfer to an airtight container. Line surface of pesto with a piece of plastic wrap (to prevent browning), cover, and refrigerate up to five days.

Per 2 Tbsp.: 90 Cal; 9g Fat (1.5g Sat Fat); 0mg Chol; 150mg Sodium; 2g Carb; 1g Fiber; 0g Sugar; 1g Protein

Lose Weight on Your Own Terms

Now, you can fit one of the most well-known weight loss programs into your life—and your grocery cart.

FOR OVER 45 YEARS, Nutrisystem has been a go-to program for losing weight successfully. Now, thanks to new grab-and-go kits, you can make Nutrisystem part of your everyday life, no matter where it takes you.

Nutrisystem's five-day Flex™ kit makes losing weight, improving your health, and gaining more energy even easier and more convenient than ever before.

Located in the supermarket

health and supplement aisle, these kits make it easy to follow the Nutrisystem program even when door-to-door delivery doesn't fit into your schedule.

Get prepped for five nutritionally balanced days with the contents of every kit: delicious breakfasts, satisfying lunches, and tasty snacks. You'll beat any craving with items like Apple Cinnamon Oatmeal, Peanut Butter Granola Bars, White Cheddar Mac and Cheese, Rotini and Meatballs, and Milk Chocolate Flavored Pretzels—all made without artificial flavors or sweeteners.

The Flex kit will also answer the pesky question, "What's for dinner?" Included in each kit is a menu planner with hearty, Nutrisystem-friendly dinner recipes (hello, grilled salmon with creamy mustard sauce). The easy-to-follow instructions are designed to serve four, so they're perfect for family dinners—and simple to scale down, too! Plus, using the menu planner, you can also confidently shop the store aisles for fresh grocery additions (think cheese, whole-grain bread, and blueberries).

And the items included in the

kit are just the beginning. You'll also gain access to the best of what Nutrisystem customers get, from a meal planner, daily guide, and tracker to the same Nutrisystem counselor support, as well as online articles, videos, and expert tips for constant inspiration. Plus, you can download the free NuMi® app in the App Store or Google Play to track food choices and find advice on navigating dining-out situations with confidence.

Start the New Year off on the right foot, and pick up your first kit today!



IN EACH BOX, YOU'LL FIND:

FOOD

Five satisfying breakfasts, snacks, and lunches

INSPIRATION

Recipes for delicious dinners that are easy to make

ADVICE

Expert shopping lists and meal planners, plus access to Nutrisystem counselor support



CLEMENTINE MARMALADE

Active: 15 min. **Total:** 1 hour 15 min.

Makes 2 cups 

- 1¼ lb. clementines
- 3 cups water
- 1½ cups sugar
- ½ cup honey
- 5 cardamom pods
- 1 bay leaf
- 1 Tbsp. lemon juice

This CITRUS-
PACKED SPREAD
is the perfect toast-
topper for chilly
mornings.**

1. Place a small plate and a few metal spoons in the freezer. Wash clementines under warm water, scrubbing to remove any waxy residue; pat dry with a clean kitchen towel. Quarter clementines and remove any seeds.

2. Transfer clementine quarters to a food processor and pulse until roughly chopped and no large pieces of rind remain, eight to 10 times (you should have about 2¼ cups).

3. Transfer chopped clementines to a large heavy-bottomed saucepan and add water. Bring water to a boil, then reduce heat to medium-low and simmer until peels are very soft, about 30 minutes.

4. Add sugar, honey, cardamom, and bay leaf to clementine mixture and bring to a boil. Reduce heat to medium and cook 30 minutes, stirring frequently. Add lemon juice and simmer 5 more minutes.

5. To test for doneness, remove pan from heat. Scoop up a bit of the mixture with a frozen spoon. Place spoon on frozen plate and freeze 1 minute. When finished, marmalade will appear set and hold its shape. If marmalade is very loose, return pan to medium heat and continue cooking, checking every 5 minutes with another spoon from freezer.

6. Let marmalade cool to room temperature, then discard bay leaf and cardamom pods. Transfer marmalade to an airtight container and refrigerate up to one month.

Per 2 Tbsp.: 120 Cal; 0g Fat (0g Sat Fat); 0mg Chol; 0mg Sodium; 31g Carb; 0g Fiber; 30g Sugar; 0g Protein



live

AT HOME WITH...

Dosa Kitchen

Twelve years after meeting at a New York City restaurant (she was a food writer, he was her waiter), husband-and-wife duo **NASH PATEL** and **LEDA SCHEINTAUB** run a successful eatery serving up South Indian fare in Vermont.

TURN THE PAGE to take a peek inside their 1932 colonial-style house.



AT HOME WITH...

Nash Patel and Leda Scheintaub

Leda Scheintaub was a young food writer in New York City when she finally asked out Nash Patel, the waiter at the South Indian restaurant she frequented. Twelve years later, they now live in Brattleboro, Vermont, where they run a successful food truck serving South Indian food like spiced rice bowls, pancake-like uttapam, and their signature dish, dosas, which they fill with everything from traditional masala (spiced and mashed potatoes) to hot dogs paired with from-scratch mustard and sauerkraut. Last year, the duo compiled some of those recipes in *Dosa Kitchen: Recipes for India's Favorite Street Food*, the first cookbook published in the U.S. focused on dosas. Ahead, find out what cooking looks like in their home. **BY JULIA RAPPAPORT**

AS A KID growing up in Hyderabad, India, Patel learned to make dosas (thin, tangy, fermented rice- and lentil-based crêpes) from his mom, to whom the couple's cookbook is dedicated.



"WE WANT THE FOOD on the truck to reflect what we eat at home," Scheintaub says. That means globally inspired dishes made with local ingredients. Dinner is often Thai or Indian food—or tests from whatever Scheintaub, who has authored cookbooks with Master Chef alums as well as with boxer Laila Ali, is working on at the moment: "Nash never knows what he's going to be eating," she says. And of course there are dosas. "For breakfast, we'll break up leftover dosas, then cook them with eggs and veggies," she says. To end a meal, the couple enjoys kanji, a probiotic-rich Indian drink made from beets and carrots. "It signals that my meal is over," Scheintaub says. "It concludes things."



"FOOD HAS BEEN OUR CONNECTION,"

Scheintaub says. "We come from very different backgrounds, but when you fall in love, you fall in love, and food has been a great connector for us."



AFTER YEARS OF RENTING apartments in Brattleboro, the couple bought their 1932 Old Deerfield colonial-style house in March of 2016. Today their bright kitchen is filled with cookbooks on cuisines from all around the globe, pots and pans and ladles of various sizes, and a spice rack lined with their staples: turmeric, mustard seeds, and cumin seeds. Next to their personal kitchen is the commercial one where Patel prepares gallons of kimchi and sauerkraut for the truck, in addition to the dosa batter he makes almost every day.

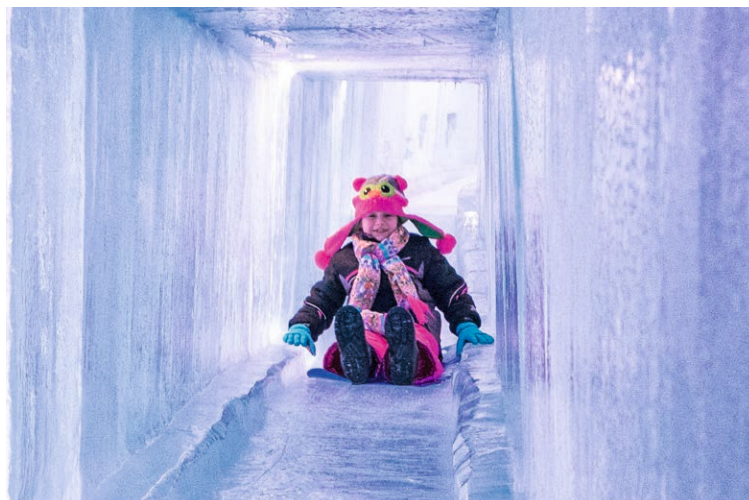


🔗 Find the recipe for Dosa Kitchen's kanji online at HANNAFORD.COM/FRESHEXTRA

Winter Fun **for the** Whole Family

From exploring **handcrafted ice castles** to **snowshoeing** on picturesque trails, there's no shortage of **winter activities** here in the Northeast. Make the most of the season with family-friendly events that will keep you going 'til spring.

BY JENNIFER HAZARD



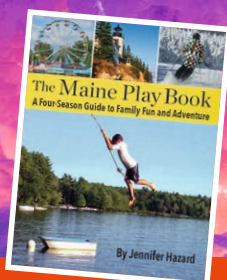
VISIT AN ENCHANTING WINTER WONDERLAND

Ice Castles

**January through
early March**

If you've ever wondered what it's like to step into a world made of ice, this unique venue is for you. Kids and adults will be amazed by the towering ice sculptures, fountains, tunnels, and slides, all of which are built by hand. Plan your visit in the evening when colorful lights and music add to the magic.

Lincoln, NH, icecastles.com



Maine-based **JENNIFER HAZARD** launched Cute Potato, her award-winning blog devoted to “everything kid-friendly in Maine,” in 2009. The website, which includes everything from the best U-pick farms to artisan toy makers in the state, inspired *The Maine Play Book*, her handy guide to getting the family outside year-round—out now!



Opposite page: Explore New Hampshire's magical Ice Castles. This page: Learn how to build an igloo like a pro at the Montshire Museum of Science (top) or take fat-tire bikes for a snowy spin at the Cazenovia Fat Bike Race (bottom).

WALK IN THE WOODS Green Mountain Club 23rd Annual Winter Trails Day March 2

Hit the trails for guided hikes and learn valuable winter skills from Green Mountain Club leaders, who protect and maintain Vermont's historic Long Trail. Families can take part in snowshoeing demonstrations and creative activities for kids—or kick back at the crackling bonfire with food and drink.

Waterbury Center, VT,
greenmountainclub.org

BUILD YOUR OWN IGLOO Montshire Museum of Science Igloo Build February 16

For years, the hands-on Montshire Museum has offered visitors a unique opportunity: Learn how to build a home out of snow. If the weather cooperates, the 100-acre museum also opens its nature trails for snowshoeing. After exploring, recharge with a hot cocoa or try some grub from local purveyors.

Norwich, VT, montshire.org

CYCLE IN THE SNOW Cazenovia Fat Bike Race

Fat-tire biking (which makes use of extra-sturdy, wide tires) is fast becoming a popular winter sport, and this friendly competition gives adults as well as kids (ages 3 through 18) a chance to explore the grounds of the award-winning Empire Farm Brewery. After the race, enjoy outdoor fires, games, and live music. (Date and details to be announced online.)

Cazenovia, NY,
syracusebicycle.com





**EXPERIENCE
FAST CARS ON ICE
Sunday Ice Racing**

January through March, weather permitting
Located in the picturesque Monadnock region, the Jaffrey Ice Racing Association holds adrenaline-fueled car races Sundays at noon (weather permitting). Bring your own chairs and a picnic lunch and prepare for a few hours of spectatorial racing fun.
Jaffrey, NH, facebook.com/jaffreyiceracing

**SKATE IN THE CITY
The Boston Common
Frog Pond**

January through March
Located in the oldest city park in the U.S., the Frog Pond is a picture-perfect place to skate right in downtown Boston. Everything you need is here, from skate rentals and storage lockers to skating aids for little ones, and even a cozy café to enjoy lunch pre- or post-rink time.
Boston, MA, bostonfrogpond.com

Tube down a mountain at the Saranac Lake Winter Carnival (top); take a hike—with an Alpine dairy goat from Ten Apple Farm (bottom).

**TOUR AN ICE PALACE
Saranac Lake Winter Carnival**

February 1-10
The Saranac Lake Winter Carnival got its start way back in 1897, and today has become a 10-day festival that features sporting

competitions, performances, parades, and an ice palace designed and built by local volunteers. Visit during the opening ceremony, when the palace is aglow and fireworks light up the night sky.
Saranac Lake, NY, saranaclakewintercarnival.com



**CROSS-COUNTRY SKI
THROUGH FARMLAND
Great Brook Ski Touring
Center**

January through March 20
Whether you're a skilled skier or just starting out, Great Brook is an ideal destination. The groomed trail network covers over 10 miles, winding over bridges and streams and through fields and forest. Inside the ski center's renovated barn, you'll find picnic tables, a cozy wood-burning stove, and a snack bar for refueling.
Carlisle, MA, greatbrookski.com

**GO DOG SLEDDING
Heywood Kennel
Sled Dog Adventures**

January through March
Meet Heywood Kennel's Alaskan huskies and learn all about dog sledding from expert racer Colby Briggs. Choose your ride time, then enjoy the tour through the vast fields. Afterward, swing by the warming hut to see some of Briggs' cold-weather gear from past races.
Augusta, ME, heywoodkennel.com

**HIKE WITH GOATS
Ten Apple Farm**

Year-round
Stroll an approximately 2-mile loop through the woods with a herd of friendly Alpine dairy goats, while owners Karl Schatz and Margaret Hathaway share stories about raising the animals. Guests are treated to goat milk and homemade cookies after (and can even try milking a goat!). Hikes are announced online a month in advance.
Gray, ME, tenapplefarm.com

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vapor distilled for purity.
electrolytes for taste.

Available in store!

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Mary Lavanway

> As a registered dietitian at Hannaford, Mary Lavanway is often asked to help out with New Year's resolutions. "A lot of times, people know what they need to work on, so I like to ask customers, 'What do you think would make the biggest impact on your diet?'" This year Lavanway, who lives in Maine and works out of the two Waterville stores, will celebrate 11 years with the company. Read on for her tips on eating right this season and to find out how Hannaford can make it easier. **BY JULIA RAPPAPORT**

AS AN IN-HOUSE DIETITIAN, WHAT'S YOUR JOB LIKE?

I run a sort of moving classroom, educating customers and store associates with handouts and demos about healthy eating, cooking, and new products. I go into schools to talk with kids about healthy eating and we often get groups that come in for store tours. For example, I'll walk a group of patients with diabetes from a local hospital through the aisles and look at the foods that might correspond with their diet. I call the store my "living laboratory."

WHAT ARE YOUR GO-TO HEALTHY PRODUCTS IN STORES NOW?

In the morning, I'll have eggs and avocado with Nature's Place® Medium Salsa. I'm a big fan of Cabot's light cheddar cheese—it's one of the lower fat cheeses that we carry. It's great with Hannaford® Woven Wheats Crackers. For a snack, I'll have Nature's Place® Crunchy Peanut Butter on celery. For lunch, I like Hannaford® Spring Mix with curried chicken or tuna salad, sesame seeds, and Nature's Place® Blue Corn Tortilla Chips. I keep frozen brown rice in my freezer and I'll throw that together with frozen Hannaford® Stir-Fry Mix Vegetables and a can of Nature's Place® Organic Black Beans for a quick dinner.

WHICH HEALTHY CHANGES DO YOU RECOMMEND TO START THE NEW YEAR?

Often I'll say, "Let's make one dietary goal, and then one sleep-related goal to get to bed early three nights a week." If we're tired, it's harder to make healthy decisions, and studies show a link between weight gain and getting fewer than 8 hours of sleep per night. Dietary goals could be anything from packing lunch to planning out dinners for a week so that healthy decisions are already made for you.



"I call the store my 'living laboratory.'"

DO YOU MAKE NEW YEAR'S RESOLUTIONS?

I like to focus more on what I want to *add* to enhance my health. Around the holidays, I think it's more important to focus on trying to fit in some activity because we're all going to fall off in our healthy eating, and I believe that if you keep your activity going, you're much more likely to come back to making healthier food choices. So I might schedule yoga classes to set myself up in advance. Then I think, "What do I want to add back in? What have I let slide?" Have I started snacking more? Am I eating fewer vegetables? I try to fill those holes. I'll also make a point to slow down and eat more mindfully.

ARE THERE IN-STORE RESOURCES TO HELP HANNAFORD SHOPPERS EAT HEALTHY?

Yes! I am a big fan of the Guiding Stars® program, a rating system that assesses the nutritional quality of a serving of food. Food items can receive one, two, or three stars—or no stars at all—and the higher the star rating, the more nutrition value the food item has. It makes shopping easier: You can go into a certain aisle and choose items (say, bread) with the highest star rating. We had a shopper come in with joint issues who was hoping to take some weight off. We worked with her around the Guiding Star® system and, by eating more fruits and vegetables (which all receive stars) and replacing packaged items without stars for those with them, as well as incorporating water aerobics, she took the weight off. If your store has a dietitian, go to a demo or do a store tour. Or work with our online dietitian at hannaford.com/dietitian.

The fresh Five

1 >

THE FIRST THING I LEARNED TO COOK:

I think it was **banana bread** with my dad.

2 >

MY FAVORITE SEASONING:

I would have to say **curry powder**. It has a depth and a richness that enhances the flavor of everything.

3 >

MY GO-TO SNACK:

Probably **nuts** or **plain yogurt with blueberries and cinnamon**.

4 >

THE ITEM THAT'S ALWAYS IN MY FRIDGE:

Yogurt.

5 >

MY LOCAL HANNAFORD:

I often go to the **Airport Mall** location in Bangor. It's one of what we call our destination stores.



LOVE GOOD FOOD?

Hungry for new ideas? Join our chefs at the table! Look for new tips and great recipes in-store, online and here in upcoming issues of Hannaford *fresh*.

CHEF MATT LOUIS

Chef/Owner
Moxy
and
*The Franklin
Oyster House*
in Portsmouth, NH

CHEF DORENE MILLS

Culinary Specialist
*Hannaford
Supermarkets*

CHEF RIC ORLANDO

Chef/Partner
*New World
Bistro Bar*
in Albany, NY

CHEF DAVID TURIN

Chef/Owner
David's
and
David's Opus Ten
in Portland, ME
David's 388
in So. Portland, ME

CHEF KERRY ALTIERO

Chef/Owner
Café Miranda
and
*Café Miranda
Catering Company*
in Rockland, ME

CHEF KATHY GUNST

Award-winning
food writer
and best-selling
author of
"Soup Swap"



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3.2
MILLION
MEALS





My (and My Mom's!) Minestrone Soup

JASON SLAVICK, Cambridge, Massachusetts

“Cooking and food have always been at the center of my family culture. I grew up sitting in the kitchen when my mom cooked, helping to crack eggs or make cakes. After college, when I moved into my first apartment, she started buying me cookbooks. When I began making big meals, I had to call for help, so I’d dial up my mom and ask, ‘How do I know when this is done?’ or ‘Am I doing this right?’ As I became a better cook, the questions started coming my way, too. Now, we talk on the phone as we cook. I’m planning a big dinner next week and I guarantee we’ll talk tonight as I start cooking! This soup developed as a conversation with her. It started by comparing a bunch of different recipes. We’d find tweaks, like adding the wine: She uses wine in her homemade tomato sauce that I grew up with and I wanted a denser flavor, and I thought about that. I only make this soup in the winter. I serve it with a big loaf of fresh bread and a bowlful of grated Parmesan (and a bottle of Chianti). Sometimes I swap in cannellini beans for the chickpeas, or I’ll add some ditalini pasta. The point of this meal is comfort.” *THIS INTERVIEW HAS BEEN CONDENSED AND EDITED.*



Share your family recipe with us at freshmagazine@johnbrownmedia.com, and you could be featured in the next issue of *fresh*.

MINESTRONE SOUP

Active: 45 min. Total: 1 hour 45 min.

Serves 8

Serve this soup with a loaf of fresh crusty bread.

- 3 Tbsp. extra-virgin olive oil
- 2 onions, chopped
- Salt and pepper
- 2 carrots, peeled and chopped
- 1 Yukon Gold potato, peeled and cut into 1" pieces
- 5 garlic cloves, minced
- 1 yellow squash, cut into 1/2" pieces
- 1 zucchini, cut into 1/2" pieces
- 1 green bell pepper, seeded and cut into 1/2" pieces
- 1 cup button mushrooms, trimmed and cut into quarters
- 1 cup green beans, trimmed and cut into 1/2" pieces
- 3 Tbsp. tomato paste
- 1 Tbsp. dried basil
- 2 tsp. dried oregano
- 2 tsp. dried thyme
- 1 (32-oz.) can whole tomatoes, torn into bite-size pieces by hand, juice reserved
- 1 (15-oz.) can chickpeas, drained and rinsed
- 1/2 cup red wine
- 6 cups low-sodium vegetable broth
- 2 bay leaves
- Grated Parmesan cheese, for serving
- Chopped fresh parsley, for serving

1. Heat oil in a large Dutch oven over medium-high heat until shimmering. Add onions and cook, stirring occasionally, until softened, about 5 minutes; season with a pinch of salt.
2. Add carrots, potato, and garlic to pot and continue to cook, stirring occasionally, until carrots just begin to soften, 8 to 10 minutes. Add squash, zucchini, green pepper, mushrooms, and green beans and cook, stirring occasionally, until vegetables are softened and beginning to brown, about 10 minutes.
3. Stir in tomato paste, basil, oregano, and thyme and cook 2 minutes, stirring constantly. Add tomatoes and their reserved juices to pot along with chickpeas and wine. Simmer mixture 3 to 5 minutes, then add vegetable broth and bay leaves and bring to a boil. Reduce heat to medium-low and simmer soup to let flavors meld, at least 40 minutes and up to 1 hour.
4. Discard bay leaves and season soup with salt and pepper to taste. Ladle into bowls, sprinkle evenly with cheese and parsley, and serve.

Per Serving: 200 Cal; 6g Fat (1g Sat Fat); 0mg Chol; 470mg Sodium; 29g Carb; 7g Fiber; 11g Sugar; 6g Protein

BAKED SPICY BOURBON CHICKEN WINGS

INGREDIENTS:

4 lb Crispy Baked Chicken Wings
2 tablespoons butter
1 cup finely minced onion
3 garlic cloves, minced
1 cup bourbon, divided
3/4 cup ketchup
1/2 cup hot pepper sauce
1/4 cup tomato paste
3 tablespoons (packed) golden brown sugar
Carrots and celery to serve.
Litehouse Homestyle Ranch
Litehouse Chunky Blue Cheese

DIRECTIONS

Prepare chicken wings according to recipe instructions.

Melt butter in heavy large saucepan over medium-high heat. Add onion and garlic; sauté until golden, about 5 minutes. Add 3/4 cup bourbon; boil until most of liquid is absorbed, 6 to 8 minutes. Whisk in 1/4 cup bourbon, ketchup, hot pepper sauce, tomato paste, and brown sugar. Bring to boil. Reduce heat and simmer until sauce thickens slightly, stirring occasionally, about 10 minutes.

When the wings finish cooking, place half of them in a large bowl and drizzle some sauce over the top. Toss the wings in the bowl to coat completely. Plate the wings and repeat with the remaining wings.

Serve immediately with Litehouse Homestyle Ranch or Chunky Blue Cheese dressing, carrots and celery.



See more recipes at [LitehouseFoods.com](https://www.LitehouseFoods.com)



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